

# Living Safely

with disabilities and special health needs

## Avoiding Crime



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It is important for me to plan my trip by knowing the places I am going and how I plan to get there.

It is helpful to tell someone I know where I am going.



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When I go out into my community, it is important to be focused on where I am and where I am going.

It is safest for me to remain in well-lit areas.

I need to be aware of people and vehicles around me.



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It is safe to talk to people who I know.

I can make eye contact and talk to people who work in stores if I feel comfortable.

If I feel uncomfortable or have a question, ask a police officer, security guard, or a store manager.



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I should avoid bringing extra money or other valuables I don't need while I am out.



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If I am carrying a wallet, it is helpful for me to put the wallet in the front pocket of my pants.

If my pants don't have pockets, I can wear a bag around my waist. This is called a fanny pack. I need to make sure to fasten the strap in the front of my body.

I can also wear a backpack.



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If I carry a purse or pocketbook, I should keep it closed while I am walking or rolling around the area.



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If someone bothers me when I am out, I should avoid getting into an argument, especially with a stranger.

If I feel scared or in danger and cannot find someone around, I can scream loudly, "I need help. Please find someone to help me."





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Sometimes, people will sell things on a sidewalk or street. They might make offers for me to buy things like candy, transportation tickets, or jewelry cheaper than it costs from a store or from a bus or train station.

They may also blame me for something I did not do.

Avoid these types of vendors to prevent myself from being scammed.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from The Arc ([www.thearc.org](http://www.thearc.org)).

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